|  |  |
| --- | --- |
| **Simple tomato & garlic sauce**  Serves: 24 - 30 tastes  Source: Adapted from Kitchen Garden Foundation Syllabus | |
| **Ingredients**  500g tomatoes  1 carrot, peeled and grated  3 garlic cloves  ¼ cup extra virgin olive oil  ¼ teaspoon sugar  Salt and pepper to taste  Herbs from the garden to serve | **Equipment**  Knives  Chopping board  Mortar and pestle  Saucepan  Wooden spoon |
| **What to do:**   * Wash and then chop the tomatoes into chunks * Peel the garlic * Using the mortar and pestle pound the salt and garlic together into a smooth paste * Grate the carrot * Place the chopped tomatoes (and any juice on your board left from the chopping), carrot, oil, garlic paste and sugar in the saucepan * Heat over a medium flame for 20-30 minutes, stirring occasionally * Stir through your favourite pasta, serve immediately * Scatter over 3-4 tablespoons of chopped mixed fresh herbs – gathered from the garden | |